



Eco - Sense

No. 11 April 1986

Newsletter of the Human Ecology Foundation of Canada, Ottawa Branch
Bulletin de la Fondation canadienne pour l'ecologie humaine, Ottawa

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HUMAN ECOLOGY FOUNDATION OF CANADA, OTTAWA BRANCH

EXECUTIVE COMMITTEE 1986

President	Virginia Salares	839-5667
Vice President (Finance)	Sue Patrick	729-5793 hm 997-4484 wk
Vice President (Support Systems)	Johanne Falardeau	749-1394 hm 996-5002 wk
Vice President (Publicity)	Fred Light	829-7518 hm 995-4688 wk
Secretary	Beth Fields	829-7185
Treasurer	Diana Pederson	230-4731
Membership Chairperson	Marianne Kasproicz	224-7136
Publicity Chairperson	Vincent Guenette	824-6744 995-7415 wk
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Librarian	Janet Lee	828-2547
Newsletter Editor	Pat McKenna	832-1172 236-4547 wk
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Wild Game Chairperson (Past)	Carolyn McCoy	596-1498
Fundraising Chairperson	Bev McCullough	832-2303
Education	Peggy Olsthoorn	230-1294
Members-at-large	Hal Ade Pat Gorgas	225-1626 224-0801
AUDITOR	Richard Matte	731-4551

Past President's Message, Ottawa Branch

I would like to thank each and every member of the Ottawa Executive Committee for their help over the past few years. I would also like to thank the membership for their support.

I hope you will support Virginia Salares in her endeavors over the next two years. Virginia is a highly energetic, knowledgeable person whom I'm sure will add much to the organization. The more support she receives the more the Foundation will be able to accomplish.

Thank you again to one and all.

Ecologically Yours,
Lynda J. Brooks, RN, MT

Message From the President, Ottawa Branch

Dear Members,

Hi! I'm your newly elected President for HEF, Ottawa. With the support of the members of the Executive, I hope we can make this year a good one for all of us.

It is not easy to assume this position after Lynda. The time and energy she has devoted to HEF in the last few years has spurred the growth and present status of our organization.

Those of you who know me are probably surprised to see me on the Executive. Three children, two of whom had severe allergies, left little time for activities outside the house. However, they are now so much better than before, and our life has normalized - we are no longer on a rotation diet and we eat practically everything (provided, organic).

I owe it partly to HEF that my family's health has improved. It was five years ago when I became a member, and in the intervening years, we learned and absorbed the ecological approach which led us to find ways to get better.

I would like to convey hope to our members. Those of you who have been coping with ecological illness need not be resigned to coping forever. Yes, it is possible to recover. It is not easy, it involves a lot of hard work, willingness and open-mindedness. There is no simple panacea. You have to find out the ways and means and do what is suited for you.

We urge those who have been members for some time to renew interest in HEF - come out to monthly meetings. This past year's meetings have been different and well attended, and even the social evening was a success! If you think you've heard enough of the rotation

diet, you're probably right. But the **Forum on Getting Better** in October and the **Self-Awareness** presentation in February, featuring Catherine Nelms, were a far cry from the usual topics. We will continue to sponsor evenings on basics for the benefit of new members and plans are underway to address highly specialized topics for more advanced members.

In addition to helping each other, as a group, we can effect some changes in our present society. The concerns shared by many of us in the school environment have gotten off the ground with the creation of an **Ad Hoc Committee on Air Quality and Lighting** in the Carleton Board of Education. This is a beginning. Through the educational system, we can make the public aware of how the environment affects health. It will be a long time before the public realizes the adverse effects of chemicals and pesticides. Unfortunately, one becomes motivated to do something only after being personally affected. Since we cannot count on anyone else, I am appealing to all members to give your support. Please write to the Ad Hoc Committee (address below), indicating your concerns and what you would like to see accomplished within schools even if you don't have children or are not a Carleton Board Supporter.

The environmental issue has also been brought to the **Special Education Advisory Committee (SEAC)** and the **Community Liaison Advisory Committee (CLAC)** of the Ottawa Board. CLAC's response was favorable and we hope to see some action in the near future.

Virginia Salares

Mr. Roger James, Chairman
Ad Hoc Committee on Air Quality and Lighting
Carleton Board of Education
133 Greenbank Road, Nepean
K2H 6L3

You can express that you are happy a Committee is now formed to look at pollution problems in schools, relate your experiences, or express your concern on the following: ventilation (lack of or inadequacy); oil paints while students attend classes; arts and crafts supplies; cleaning materials; waxes; deodorizers; pesticides; smoking; ventilation in science labs or vocational shops; formaldehyde from furniture, carpets and school supplies; diesel exhausts; tarring; portables; perfumes and fluorescent lighting in the classroom.

Carleton Board Update

Our group, **Parents and Teachers for a Healthier School Environment**, met with the Carleton Board trustees on March 19th, 1986. We were allotted only one hour and the Chairman of the Board, Dr. Hal Hansen, tried to make the meeting our last one with them. The concerns we raised would then be directed to the Health and Safety Committee (composed of teacher representatives and employees, set up under a provincial law) or to the Board's Health and Safety Council. Neither has representation for students. We begged for another meeting and are now preparing for the occasion.

The resistance to address this issue and make changes is not surprising. We need more voices. We need your support. If your child is affected at school by painting, lighting, poor ventilation, etc., please take time to telephone these trustees:

Hal Hansen	
Roger James	824-3990
Frank Cauley	835-2411
Molly O'Connor	489-3624
Marilyn Cameron	825-1634
Norm Cooksey	224-5641

We were told that some of them have not received any complaints or only one out of 500 is affected! Trustees are elected and must be kept informed.

Please address your comments to:

Mr. Roger James, Chairman
Ad Hoc Committee on Air Quality and Lighting
Carleton Board of Education
133 Greenbank Rd., Nepean K2H 6L3

A Call to CBE Parents

We are drawing up a membership list for **Parents and Teachers for a Healthier School Environment** to show the Board that we have broad-based support. It will not cost you anything. Please encourage your friends or others you know who are CBE supporters to join as well. There is no membership fee. Let us know what school your child(ren) is/are attending. Telephone Fred Light (829-7518) or V. Salares (839-5667).

EDUCATION

We have formed a speakers' panel willing to speak to parents' groups on how the environment (school and home) affects children. We feel it is easier to get ideas across to parents with young children than to the average person in the street. Through these presentations, parents can be made aware of food and chemical sensitivities. If you are a member of a parents' group, you can pass the word around. Telephone 839-5667 for more information.

UPCOMING EVENTS

May 10th

FLEA MARKET

Time: 9 am.- 2 pm.

Place: Agincourt Road School, Agincourt Road, Ottawa (between Maitland and Woodroffe)

Date: 10th May 1986.

HEF's participation in the "Country Flea Market" last fall was very rewarding. A total of \$367.30 was raised from the sale. Many of us have odds and ends which we no longer need or which we cannot tolerate. These things, other people can use. Please save and donate them to HEF for another flea market. Anything from accessories, clothing, kitchenware, appliances, books, household furnishings, etc. are welcomed.

HEF for the first time has a table (free) set aside at Agincourt. Fleamarkets held at the school in past years drew a large number of people.

We need **donations** (please price all items beforehand). Since the set-up time is between 8-9 am. on the same day, it would be preferable if you could bring donations to one of the following drop-off points:

EAST	Vince Guennette	6395 Lumberman Way	824-6744
	Johanne Farlardeau	1-8 Stevens Ave.	749-1394
CENTRE	Barb Bellin	190 Belmont St.	238-2403
WEST	Carolyn McCoy	951 Dresden Cres.	596-1498
	Judy Benson		729-2659
KANATA	Lynda Brooks	97 Village Green	836-4565

We would appreciate **volunteers** immensely. Indeed, this is one way in which new members can become involved in the Foundation. Many members of the Executive have given freely of their time over the years. We would like other people to step forward too. If you have a truck or larger vehicle, you could also help in transporting (please direct all inquiries to).

[Save items from summer house-cleaning for another fleamarket in the fall]

UPCOMING EVENTS

May 17th

HEF PUBLIC MEETING

Invited Speaker: Dr. Irvine Korman, MD, Internist with specialties in Gastroenterology, Nutrition and Clinical Ecology.

Topic: Candida Albicans

Venue: McNabb Community Centre, 180 Percy St.

Date: 17 May 1986

Time: 7:30 pm.

June 3rd

PESTICIDES

HEF is co-sponsoring with World Interaction and other organizations a **Public Meeting on Pesticides** as follows:

Title: The Alternative Urban Approach

Date: 3rd June 1986

Time: 7:30 pm.

Venue: Glebe Community Centre

1. **Heritage Seeds** Ken McMullen, Canadian Organic Growers Association
2. **Human Exposure Routes and the Right to Know** Kate Daires, Health Promotion and Advocacy Unit, City of Toronto
3. **Alternatives to Lawn Care** Speaker to be announded
4. **Pesticide Exposure: A Personal Story** Catherine Nelms, Human Ecology Foundation of Canada

HABERMAN CHEMISTS

192 LAURIER AVE. WEST

235 - 3553

* Specials *

1. VITAMIN C POWDER & CRYSTALS :
(Corn - Based)

500 gm - \$16.50
1 kg - \$29.00
2 kg - \$55.00

2. VITAMIN B₆ : 100mg - 100's - \$8.00
(Yeast Free)

3. VITAMIN B & C Compound : 100's - \$5.00/100
\$20.00/500
(Yeast Free)

4. KELP TABLETS (Organerals) 5 grain : \$1.00/100
\$4.00/500

5. LIFE START : \$20.00/2 1/2 OZ

6. GAMMA OIL (Evening Primrose Oil) : \$35.00/180

→ \$29.95/180
(- if you buy
5 bottles)

• HEF - members have a 25% discount on any 5
of the same nutritional supplement. (Group up & save)

PROGRAM SCHEDULE 1986/87

1986

25 September	Orientation
23 October	Chiropractic
28 November	U.S. Environmental Conference Update by Dr. John Molot
5 December	Social Evening

1987

22 January	Forum on Getting Better
26 February	TMJ by Dr. Paul Greenacre
26 March	Relaxation/Acupuncture/Yoga
23 April	Herbology Field Trip (late April or early May)
28 May	Dr. Josef Krop

The location for the above events will be the McNabb Community Centre and the time will be 7:30 pm. Additional details will be provided in the next issue of ECO-SENSE.

Environmental Conference Note

The Second Annual Medical Symposium on the Effects of the Environment on Man in Health and Disease, sponsored by the Canadian Society for Clinical Ecology and Environmental Medicine and the Human Ecology Foundation of Canada, was filled to capacity with 75 health professionals in attendance. A wide variety of subjects, ranging from modern food processing to the cost effectiveness of medical practices, were addressed by the 12 speakers. The presentations were charged with a high degree of positivity in their attempts always to provide participants with viable solutions to environmental and health problems. The Conference closed with a strong spirit of solidarity and cooperation among participants. [A Conference summary is being prepared for deposit in the HEF Library].

MEMBERSHIP UPDATE

It has been a busy year for the Human Ecology Foundation. In the Ottawa Branch alone, 138 new members joined during 1985. As membership grows we would like to introduce a few changes in membership renewal procedures for your convenience and ease.

Changes will include the following:

- 1). Your membership renewal date will appear on your "address label" in the "upper right hand corner".
- 2). Only "one" notice of renewal will be forwarded to you.
- 3). Your name will be removed from our mailing list one month after your membership has lapsed.

If there are any problems concerning your membership I will be happy to help (phone 224-7136).

Marianne Kasprovicz

HEF SURVEY OF MEMBER NEEDS

In October 1985 a questionnaire, designed to identify the nature and variety of member needs, was prepared and circulated by the Ottawa Branch. Questions focused on food, product and information requirements on the one hand and member expectations from the Foundation on the other. A 22% response rate was received. Respondants reported little or no difficulty in completing the questionnaire.

Summary observations revealed a high need for organic food. Within this category, vegetables ranked highest with a 71.4% demand. Meat ranked second yet the need for safe water was higher at 64.3%. A fairly extensive list of special product needs exists with soap, cotton, air cleaners and vitamins ranking highest. Significant levels of dissatisfaction were expressed regarding existing sources of organic foods (37.5%) and special products (30%). In the area of specialized service needs again, a wide variety exist with medical (54%) and testing (48%) services ranking highest followed by counselling, dental and legal services.

We would like to thank respondents for their time, cooperation and immeasurable contribution to the purposes of the Foundation. It is from this type of response that we are able to promote and develop appropriate programs, services and information facilities for members.

EATING ORGANICALLY by Hilary McCarthy

Why should I eat organic food? It is more expensive, it is harder to find and honestly, the stuff in the stores just looks so much better. OK, I agree! Store bought, detergent washed, plastic wrapped, shiny spotless veggies are a real turn on but what are they really turning on? I won't argue with "store bought", a lot of stores don't spray their veggies with insecticides but then again a lot do. Detergent washed? Great if you're sure detergents don't make you sick. Plastic wrapped? Most plastics, especially soft plastics, like the wrap type, gas off and that gas is often absorbed by the food. Shiny? It's wonderful how attractive shiny is but shiny often comes from a thin layer of paraffin wax which is going to make a petro-chemically sensitive person ill. All this even before we get to the organic part.

In a supermarket, each veggie looks pretty much like every other veggie. Same size, shape and colour and there is a good reason for this. They have been specially bred to achieve the most "marketable" appearance and so that they can be pulled up or dug up or picked by machine. The trouble is, machines are really rather clumsy compared with humans so those veggies had better not be irregularly shaped, delicate, or too full of juice or splat, squish, no money! What I am trying to say here is that we have sacrificed quality for quantity. So called "canning" tomatoes, the ones often found in our stores in the winter, the ones that are so hard and juiceless, are often of this variety. They travel well, no bruises, but they have 25% less Vitamin C. Fruit, by the way, is often picked green and artificially ripened which also makes it enzyme and vitamin depleted and when you consider that nitrous oxide or ethylene may have been used in the ripening process be glad that you have Candida and your fruit intake is limited.

Have you ever noticed how "woody" store bought carrots often taste? We are losing vegetable and fruit varieties at an alarming rate because the juiciest, tenderest and sweetest are not being grown commercially. However, the organic gardener has to depend on quality to sell his/her products. Try the organic carrots at Herb and Spice or The Wheat Germ to see what I mean.

In fact, let's trace the life of a commercially grown carrot. First, the ground that it will be grown in is ground that carrots will have been grown in for a goodly number of years because the herbicide used to keep down weeds is specially designed to kill everything but carrots. Now if you grow the same crop again and again, the soil becomes depleted of minerals, and the carrot is not as nourishing as it might be. Commercial farmers have found that the major elements needed for plant growth are Nitrogen, Phosphorus and Potash. These are returned to the soil by means of commercial fertilizers made from petrochemicals of course. If the soil becomes very acid, limestone may be added which will provide some calcium and magnesium but

usually you can expect the soil to have become poor in these elements. But nothing is done to return zinc, selenium, iron, iodine, manganese or copper and these are all very necessary for a healthy you.

So we plant our carrots in depleted soil and then regularly, about every two weeks, we give them more herbicide to keep down the weeds. We also shower them with insecticide and fungicide at the first sign of a bug or fungus. Studies have shown that veggies grown this way do not only retain these lethal chemicals on their skins but also, that they have absorbed them, thus permeating the flesh. Despite thorough washing in spring water, chemicals remain (especially insecticides) to pollute the vegetable so that when it is eaten your body stores all this chemical soup in your fat. Go on a diet and get sick as you lose weight!

In the Ecological Units in the United States where testing of Ecologically Ill patients is done after fasting until the patient becomes "clean" or symptom free, it has been found that chemically sensitive patients take 4 or 5 days longer to clear as the body dumps the chemicals from the fat.

This storage of polluting chemicals in mammalian fat also affects the meat we eat. In fact, because the concentration of chemicals in fat is higher than that of plants, non-organic meat could make you sicker than non-organic veggies. So what is an organic vegetable? Basically, it is a vegetable grown on land that has had no pesticides, herbicides or fungicides used on it for x number of years -- the length of time land should have lain fallow is disputed, but the Ottawa Organic Growers Association suggests somewhere between 3 and 5 years -- and the vegetable should have had no chemical fertilizers, insecticides, herbicides or fungicides used on it while it was growing or being sold.

An organically grown animal is of course fed organically grown feed but it should also not have been given antibiotics, either in its feed or just before it is sent to be killed. Battery-fed chickens live such an unhealthy existence that without antibiotics very few would even become old enough to kill. Next time you cook a cheap little commercial fryer, take a good look at the long bone of the drumstick. Chances are it will either be bowed or broken, indicating a severe lack of vitamin D (rickets) and of calcium. It's flesh will have a soggy texture from lack of exercise and it will be covered with whitish fatty deposits under the skin. A healthy chicken has yellow fat and not much of it.

Some imported beef has been given the hormone Stilbesterol (DES) which makes it retain more fat within its tissues and thus be heavier and tenderer. It tastes lovely but don't forget what is stored in fat and remember that those hormones could also affect you.

So there you are. It's really like a choice between homemade soup and that dehydrated soup that comes in a nice shiny foil package. Homemade tastes great, is good for you, but takes time and costs

more. Packaged soup looks OK, has little or no nutritive value (if it does not make you downright sick) but it is easy to throw together and is cheap.

CHEAP that's one of the biggest problems for most of us. This condition is so darned expensive we feel that we must economise in all ways possible. However, it is false economics to eat polluted food, feel horrible and spend hundreds of dollars trying to overcome allergies and sensitivities often triggered by the very chemicals that enable that food to be so cheap in the first place. We are what we eat and polluted food is sick food.

HEF has recently added a book called The Invisible Additive by Linda Pim to the library. This book addresses the subject of the chemical pollution of food in far more detail than is possible in this article and it would be well worth your while to read it if you still feel unconvinced.

WATER PURIFICATION

Safe drinking water is a primary concern for people generally but it becomes an immediate and dire concern for the environmentally sensitive. To this end, **Ozonator Systems Inc. (OSI)** have developed the **Ozonator Water Purifier**, a portable, counter-top unit priced at less than \$400. The Ozonator affords "purification by ozone plus [a] dual filtration system". OSI defines ozone as "a powerful oxidizing agent, bactericide germicide and viricide" which "kills bacteria, removes odour, taste, colour and oxidizes many organic, and inorganic impurities". Further, "during the joining process, oxidation occurs and the impurities in the water are reduced, eliminated or inactivated".

The Ottawa distributor for this product is:

Bernie O'Neil (Consultant),
1114 Orleans Blvd.,
Orleans, Ontario
K1C 2V9, telephone (613)837-1070.

Caution

Ozone is a lung irritant and is also known to be a mutagen. It is, therefore, necessary to exhaust the gas during the operation. This can be accomplished easily by operating the unit under your kitchen exhaust hood (it takes 15 minutes per gallon). In warm weather, the unit can be operated outdoors.

Other means of water purification include reverse osmosis and distillation. V. Salares may be contacted for more information (839-5667).

GARDENING

One way to ensure chemically-free foods is to grow our own. Indeed, an added advantage to home gardening is that you will save money in the process. With a modest piece of ground, vegetables are fairly easy to grow. Your first step will be to make sure that the area was not treated previously with herbicides. Soil amendments can include manure (preferably from untreated stables or an organic farm, if you can find one) as a source of nitrogen and other nutrients and bonemeal as a source of phosphorus. A good organic source of potash and up to 80 trace elements is kelp meal. Nitrogen (N) is needed by all plants, especially leafy vegetables. Phosphorus (P) encourages flowering or fruit production and potash (K) is for strong root systems. Peat moss improves the soil but does not add nutrients.

You can apply fish emulsion and kelp meal at transplanting and throughout the growing season. Fifty five pounds of kelp meal can be purchased from Manfred Kettler, 257-5755.

There are many vegetables which do not need much space such as; bush zucchini, cucumbers, tomatoes, cantaloupes and squash. If garden space is limited, you can even try tomatoes in containers. Beans are among the vegetables that provide the highest yield per space. Peas and corn require more ground.

SEED SOURCES

William Dam Seeds	Box 8400, Dundas, Ontario L9H 6M1 Carries untreated seeds
Vesey's Seeds Ltd.	York, P.E.I., COA 1PO Specify untreated seeds only many chemicals are promoted in its catalog.
Park Seed Co.	Highway 254 N., Greenwood, S.C., USA, 29647 Seeds only to Canada. Has excellent selection of seeds making it well worth the extra cost. Park's burpless bush cucumbers were a stunning success for us.
Thompson and Morgan, Inc.	P.O. Box 1308, Jackson, New Jersey, USA, 08527. For the more seasoned gardener/best selection of flowers/good vegetable varieties.

If ordering from **Stokes** or **Dominion**, specify
untreated seeds only.

WHAT TO DO WITH THE HARVEST

Many vegetables can be frozen such as; peas, corn (on or off the cob), beans, broccoli, brussel sprouts, peppers and tomatoes. Peppers (sliced) and tomatoes (whole, unpeeled) can be frozen without blanching. The others need to be blanched to stop enzyme action. **Cellophane** for freezing is preferred over plastic (address to order below).

Winter squash (buttercup, hubbard, golden nugget, butternut are some good keepers), if properly cured, can be kept on the shelf for several months. Cold storage is not required. We discovered squash this year. Around November, some were cooked and frozen, as the shelf life is not indefinite. Cooked, frozen squash is a treat for late winter meals.

Carrots, beets, Jerusalem artichokes and cabbage (winter storage type), and chinese cabbage can be kept in cold storage for several months or longer. An old refrigerator in the basement kept above freezing can serve the purpose. Keep vegetables in paper bags with paper towels to absorb moisture, then in plastic (check periodically).

Drying is another method of keeping the harvest. Diced green pepper dry very well on trays (do not use aluminum) in a warm oven (keep the door ajar). Freeze for long-term storage. They use space efficiently and are convenient for using in omelets and other dishes. Tomatoes were also dried successfully (peel, slice thinly, spread on trays and dry until crisp starting at about 200 F then lowered as they become drier). Prepared in this way, they are easier to use than frozen whole tomatoes or frozen sauces and their flavor is concentrated. One of our children loves to eat them as a snack. Peas and corn require more controlled drying temperatures and are not suggested without a food dehydrator. Apples and pears (peeled and sliced) dry beautifully in the oven.

Cellophane Bags

J.T. French Paper Ltd.
P.O. Box 372
107 McNabb St. North
Hamilton, Ontario L8N 3C8

Boudreault Packaging Ltd.
49 Adrien Robert
Hull, Quebec
777-1603

LIBRARY UPDATE

Items listed below may be obtained from the HEF Library by visiting the Library or requesting items by phone or mail from the Librarian, Janet Lee, 1273 Rideout Crescent, Ottawa, Ont. K2C 2X9 (613)828-2547.

Note: -Please return your books so that others may benefit from them. We recognize and appreciate the fact that most of you are prompt.

-If you would like to make comments, good or bad, on any items in the library collection please feel free to do so. Thank you.

Books and Articles available

"Air Apparent: The Heat Pump's Hot". By Ann Rhodes, The Financial Post Magazine, 1 March 1986, p. 72.

Allergic Cookbook. Nonken and Hirsch

Allergy Self-Help Book. Sharon Faelten

Candida Albicans Yeast Free Cookbook. Connelly

Dr. Berger's Immune Power Diet. Stuart Berger.

Eddie Bauer Catalogue 1985.

Ecological Agriculture Projects. Publications List 1986. MacDonald College, McGill University.

Feed Your Kids Right. Lendon Smith

Janice's All Natural Comfort Collection. Catalogue of cotton clothing.

"A Link Between Climate and Health?" Chatelaine, January 1986, p. 18.

New Ideas About Sickness and Health. CBC Radio Program. [Cassette tape]

Revolutionary War to Use Your Body for Total Energy: The Alexander Technique. Sarah Bunker.

Stress: Report from Blue Cross Plan. [Booklet]
Traditional Allergist Pamphlet. St. Joseph's Hospital.

The Wendy Dilemma. Dr. Dan Kiley.

NOUVELLES DE LA BIBLIOTHEQUE

"Le ministre McMillan souhaite un dialogue plus serein avec les ecologistes." Le Devoir, 21 novembre 1985.

Projets pour une agriculture ecologique. Liste de publications 1986. College MacDonald, Universite McGill.

Book Review

Diet and Nutrition: A Holistic Approach by Rudolph Ballentine, MD.
Himalayan Publishers, ISBN 0-8939-048-0, \$12.95 (US).

This book compares current eating habits with the origins of food patterns. It illustrates how nutrition affects dental care and the rest of the body as well. The soil is discussed in terms of its effects on foods leading into an exploration of the preparation of different foods and grains and how this can affect the outcome of their nutritional value. Proteins, vitamins and minerals are discussed giving the pros and cons of both traditional and holistic usages. Instruction is provided for putting together a nutritionally balanced diet. Digestion of food is highlighted which helps one to realize the complexity of good nutrition and the importance of a healthy body. Comparisons are drawn between cooked and raw foods, relationships between megavitamins and food allergies are explored and how foods can affect the mind is discussed.

This is an extremely useful book for someone who is interested in rebuilding or maintaining their health. It is holistic in its approach in that it does not just look at supplementation. I feel this book should be in everyone's reference library.

Lynda J. Brooks

Lactose Intolerance

Through experience I found that even lactoid when added to a quart of milk did not destroy the sugar for me and I still experienced diarrhea, vomiting, distention, etc. I did find however, in baking with milk (this was by accident) since after eating the cake I was waiting to get very ill and nothing happened. After that I found my secret. When the recipe called for milk (eg. 1 cup) I put 1 tbsp. of vinegar in the milk and let it sit for 15 minutes, then proceeded with the recipe. I have had no problems with this technique.

In my particular case I feel that the vinegar by souring the milk destroys the lactose. In my case my problem developed in later years (eg. 30). I do not know if a baby born with intolerance to lactose would be the same or not. Also, I was able to eat cheddar cheese until I got very ill. I discovered that it depends on the culture used in processing as to whether one can eat it or not. They constantly change the culture therefore you may eat a certain brand of cheese all along no problem then all of a sudden you get sick and it's because they used a different culture. I feel cheese plants should be made aware of this problem to certain people.

Mary Cuming

CLASSIFIED

All ads are included free of charge for the convenience of HEF members.

Air cleaners

Barbara Bellin is currently conducting research into air cleaners through testing different types in her home (eg. the dynamic and the tibbits machine), perusing the literature and consulting with other groups and individuals working in this area. All information gathered and research results will be deposited in the HEF Library. Also, Barbara is experimenting with the building of an air cleaner with a view to developing a prototype. Such a machine would not contain a heffa filter but rather, activated charcoal and a series of dust filters. To accomodate this research, charcoal is being purchased in bulk (eg. 50 lbs. @ \$4.25-4.50/lb.) from the wholesaler, Wallmar which could also be sold at cost to other interested individuals. Anyone who would like to have or share information on this matter is encouraged to contact Barb at 238-2403.

The Tibbits apartment model air cleaner can be rented by members for \$10.00/week or \$30.00/month by telephoning Barbara Billen, 238-2403.* Members should be aware that because some of us have reservations on this machine, we are not endorsing it. Those who are looking for an air cleaner to buy can try the Tibbits and compare with other machines: Clean air machine from Texas (Fred Light, 829-7518).

*Please note that rentals necessitate the signing of a contract for damages, etc.

Bedding

It is essential that you test the stuffing and encasing materials for futons or mattresses before you buy. We sent for and tested supposedly untreated cotton felt for futons from various sources (local, Montreal, Toronto and Vancouver). Every sample smelled quite strongly, even those not-so-sensitive could not tolerate them. Even cotton from Texas, reportedly organically grown, guaranteed to be untreated and presumably the best cotton available in North America required preliminary drying in a clothes dryer before it could be tolerated.

Finally you can have cotton mattresses custom made in Ottawa.

Sleeptek, who took over Ottawa Feather and Mattress when it went out of business, has the same quality service given by the previous Company. The proprietor, Jean Corriveau, has taken the time to understand the chemical sensitivity problem and can now custom-make your mattresses, box springs, cushions, duvets and pillows. Sleeptek is located at 5370 Canotek Road, Unit 22, Ottawa, telephone 749-1456.

After several years of searching, Sleeptek now has tolerable upholstery cotton felt and as well, the materials to make ecological mattresses. For instance, the mattress M. Corriveau is making for us has an inner spring which is covered with woven cotton material (washed twice), layers of cotton felt and an outer layer of mattress encasing (dark blue colored stripes / washed twice and then ironed). I did the washing myself in tolerable detergent. A cotton mattress cover, washable and removable with snaps of a zipper, will be used to surround the entire mattress.

If you intend to have mattresses made, please test the materials for yourself or have someone help you. What is tolerable for us may not be good enough for you. Sleeptek also does not have an unlimited supply and any material brought in has to be tested. The shop also carries kapok and fluffy pillows can be made by blowing kapok. Again, not all bags of kapok are equally good so you will have to be prepared to test them. V.R. Salares

Beds 2 twin beds with metal springs and all metal frames for sale. Will sell with or without mattresses. Barb Bellin, 238-2403. Even cotton from Texas, reportedly organically grown, guaranteed to be untreated, and presumably the best cotton available in North America, required preliminary drying in clothes dryer before it could be tolerated.

Enteric-coated freeze dried garlic and enteric-coated lactobacillus from dairy milk are now available at Nutri-chem. The new yogurt culture (Phyto) has a minimum of 2 billions of active lactic bacteria which is twenty times more than other acidophilus capsules (e.g. Quest) and consequently is much less expensive.

Heating

The microfurnace is a mini heating unit priced in the range of \$170. For more details contact Bernie O'Neil, Home & Energy Consultant, 837-1070.

Meat

I'd like to report that I followed up on the mention in Eco-Sense of Highland Beef available at Alexandria Ontario, with happy results. The beef is delicious, the cattle range about, grazing on grass and hay, at large, with extra grain fed prior to butchering. No hormones or antibiotics are used. The animals themselves are interesting and massive in appearance, with shaggy coats and laterally projecting horns. I paid \$1.59 per pound to Mr. Crutcher plus .20 cents a pound to Sabourin Meats in Alexandria for cutting and packaging. The gasoline used in making the trip, some 100 Kilometers each way adds somewhat to this low price of \$1.79 a pound. At this price of course, the customer must take a whole side (300-400 pounds but 2 or 3 people can go in together on the purchase. I have a few 2-lb.

packages of hamburger left if anyone wishes to sample the meat (my number is 234-9434). The farm is owned and operated by Steve and Dianne Crutcher, R. R. #1, Apple Hill, Ontario, 525-2898.

Mr. Crutcher will probably have beef available again in a month or two. His organic turkey was the best I have tasted.

Alice Kopp

Orsa Natural Mineral Salt is a Rock salt from an ancient sea bed in Utah and is the best and purest salt you can buy. Much so called sea salt is highly processed at high temperatures and has very little remaining mineral other than the sodium chloride itself and often has other chemicals added. ORSA salt has no additives, has not been heated and contains trace minerals. It is now available at Rainbow Natural Foods, Britannia Plaza (726-9200). (Orsa salt appears to be identical to Ultra-salt and indeed may even come from the same source. In fact, orsa salt is considerably cheaper).

Rainbow Natural Foods is now bringing in a selection of organic vegetables and fruits every two weeks. If enough interest is generated, Michael Kaplan indicated that this could be continued on a regular basis. West end residents and other interested individuals are encouraged to make note of this development.

Tape Library HEF now has a tape library where tapes may be borrowed. Contact Pat Gorgas at 224-0801 for more information.

Transportation is required by Faye Boggild (21 Wylie Avenue, Ottawa East) to attend HEF meetings. Please call 828-2872 if you can assist.

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Editor: Pat McKenna 832-1172 /236-4547

Publications: Joan Jubb